

IOWA STATE UNIVERSITY

Digital Repository

Volume 12

Number 8 *The Iowa Homemaker* vol.12, no.8

Article 10

1932

Seniors Help the Farmers...

Ruth Cook

Iowa State College

Follow this and additional works at: <http://lib.dr.iastate.edu/homemaker>



Part of the [Home Economics Commons](#)

Recommended Citation

Cook, Ruth (1932) "Seniors Help the Farmers...," *The Iowa Homemaker*: Vol. 12 : No. 8 , Article 10.

Available at: <http://lib.dr.iastate.edu/homemaker/vol12/iss8/10>

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.

If You Are a Demonstrator . . .

By Alice Morrison

WHY do my cookies burn? I follow directions carefully, both in combining the ingredients and in baking temperatures, but still they burn before they are properly browned."

This is only one of the hundreds of questions shot at a demonstrator of household equipment. With regard to the particular question mentioned, investigation has revealed that the fault was in the use of enamel pans instead of the usual cooky tin.

Krissie Kingsley, graduate student in household equipment last quarter, has met and answered this and many other questions in her work demonstrating all makes of electric and gas stoves, refrigerators, and other pieces of home equipment. Here are some of the things she thinks an employer has a right to expect of the demonstrator of his equipment.

A thorough knowledge and understanding of the theory and operation of the equipment to be demonstrated is absolutely essential. But to know the equipment is not enough; in addition you must know how to cook both practically and theoretically. A background of foods and nutrition should be supplemented by a working knowledge of physics, electricity, chemistry, and numerous other subjects. This fund of knowledge is indispensable in answering the many questions presented by women attending your demonstration. If someone happens to ask a question which you cannot answer immediately, take her name and address and see that the question is answered as soon as the information can be made available.

YOU must be able to meet people with tact and to adapt to any situation. Various communities and groups of people will require a different approach to the subject. Your treatment will vary according to the background and financial standing of each particular group.

Your personal appearance is also a vital factor. Carefully selected and suitable clothing should supplement a well cared for person. Your personal impression on the customer is of primary importance in selling the equipment.

In doing the work of the demonstration try to be economical in use of material. Women are quick to notice little wastes or savings. These mean much in their estimation of your knowledge and efficiency. New and unusual dishes are always in demand. If you can meet this need, your attendance records will do you credit. However, not only must the dishes be new and unusual, but also they should be practical and inexpensive.

Tact is essential in dealing with your employer. Whatever she asks should be done with little delay or argument. Her suggestions should meet with respectful attention. Not only is tact necessary in dealing with the employer, but also in connection with the customer. It is not easy to tell someone she is doing the wrong thing, and make her like it. It is necessary to go into homes of all classes and races of people in the adjustment of operating difficulties. This must be done so that no racial or economic difference is present to cause further trouble.

Seniors Help the Farmers . . .

By Ruth Cook

SENIOR dietetics classes of Iowa State College are willing to do their share in helping the farmer nowadays.

Farmers everywhere have more corn, wheat, rye and other grains than they care to sell at present market conditions. These grains, especially whole grain which contains the elusive vitamin B, are high in nutritive value. They contain a large percentage of carbohydrates, about 10 percent protein, and some fat and cellulose. They also have a fuel value of 1650 calories per pound.

These grains can be made up into delectable and interesting dishes that will add zest to any meal. Dietetics classes under the direction of Miss Louise L'Engle, assistant professor of foods and nutrition, gathered many whole grain recipes and brought in original ideas for using wheat, rye, cornmeal, and hominy in all forms, including cracked, finely ground, rolled, coarse and whole kernels, both cooked and raw.

The recipes don't sound in the least like ordinary recipes for breads and cereals which we usually associate with such grains. They include such delicacies as apple crack-wheat fritters, spanish rye, whole wheat cookies, hominy baked with cheese, Indian pudding, cereal loaf. Thirty-six recipes were discovered and originated by the students.

A recipe found particularly delightful was Polenta.

Polenta

3/4 c. cornmeal	3 T. chopped onion
3 c. water	1 tsp. salt
1/4 c. tomatoes	1/8 tsp. pepper
2 T. fat	1/4 c. grated cheese

Cook cornmeal in boiling water for 45 minutes. Cook tomatoes, fat, onion,

It is almost essential, certainly wise, to talk continuously during the demonstration. If there are breaks, you lose your audience, and it is difficult to find it again. For any inexperienced person it is wise to have the talk written out in full beforehand, and placed in a convenient place for reference. After two or three years' experience this will be an unnecessary procedure.

An eight hour day doesn't exist for one employed in the field of household equipment. It is not difficult to see why, after a moment's thought. Although household equipment includes a wide scope of knowledge as a background, Miss Kingsley believes that graduates of Iowa State College in this field need have no fear of blunders due to inadequate training.

salt, and pepper together. Place on layer of cornmeal in the baking dish. Cover with tomato mixture, add cornmeal, etc. Sprinkle grated cheese on top of each layer. Bake until cheese is melted. Add a bay leaf and celery salt to the tomato mixture.



Shock Full of Vitamins

Here is another new recipe, using wheat:

Honey Spice Cookies

1/4 c. shortening	1/2 tsp. vanilla
3/4 c. honey	3/4 c. ground cooked wheat
1 egg	
1/2 c. cooked prunes (chopped)	

Beat eggs slightly. Add sugar and milk, vanilla, cooked ground wheat and prunes. Bake slowly 1 hour.

Warm Brazil nuts in the oven before cracking them. The heat makes it possible to crack the shell without breaking the meat.